

Co-Hosted training offered

Chesterfield County Police Training Academy



Training Opportunity

BRAZILIAN JIU-JITSU GROUND FIGHTING FOR LAW ENFORCEMENT

MULTIPLE DATES AND TIMES—SEE BELOW

EANES-PITTMAN PUBLIC SAFETY TRAINING CENTER
CHESTERFIELD, VA

THE COURSE INSTRUCTOR IS CHRIS MAHAN, OWNER OF TOP GAME

ACADEMY IN RICHMOND, VA.

MAHAN HAS MORE THAN 20 YEARS OF MARTIAL ARTS EXPERIENCE AND HAS TAUGHT

NUMEROUS LAW ENFORCEMENT OFFICERS AT HIS STUDIO.



CCPD SUPERVISORS, TO REGISTER AN INDIVIDUAL, SEND AN EMAIL TO PDTRAINING. ALL OTHERS, COST FOR IS \$40 FOR 4-HOUR SESSIONS AND \$60 FOR 6-HOUR SESSIONS. PLEASE EMAIL PDTRAINING@CHESTERFIELD.GOV TO REGISTER OR FOR A REGISTRATION PACKET. DCJS IN-SERVICE CREDIT HAS BEEN REQUESTED.

This hands-on course is designed to introduce officers and defensive tactics instructors to the principles of Brazilian Jiu-Jitsu.

Brazilian Jiu-Jitsu techniques:

- Are easy to learn
- Are simple and direct
- Work under stressful situations.
- Allow an officer to successfully engage an assailant while standing or on the ground.
- Are perfectly suited to allow a smaller individual to overcome a larger subject

August 24 ♦ 1900 – 2300 HRS (DT Instructors)

August 26 ♦ 0800 – 1200 HRS (Basic)

September 21 ♦ 0800 – 1500 (DT Instructors)

September 23 ♦ 0800 – 1200 (Basic)

October 12 ♦ 1900 – 2300 HRS (Intermediate)

If you are a General Instructor and wish to become a Defensive Tactics Instructor, you are eligible for the instructor classes.

Contact Training Specialist Janet Joyce @ 804-768-7460 for more information. For training academy policies, lodging information and directions to the Eanes-Pittman Public Safety Training Center, go to <http://www.co.chesterfield.va.us/PublicSafety/Police/cohosted.asp>

Introduction to Brazilian Jiu-Jitsu for Public Safety Personnel

By Brad Parker

Brazilian Jiu-Jitsu burst onto the scene in America when a quiet, good-looking Brazilian named Royce Gracie shocked the martial arts world by winning the first Ultimate Fighting Championship in a seemingly effortless fashion.

What the rest of the world didn't know is that the Gracie family had been developing this art for the past 75 years in Rio de Janeiro. What's become known as Brazilian Jiu-Jitsu (BJJ) proved to be a dominating factor in mixed-martial arts tournaments throughout the 1990s'.

The public safety sector picked up on its success and now agencies such as the FBI, DEA, and LAPD and various elite groups of the military including the Rangers, Delta Force and Marines have included the techniques of Brazilian Jiu-Jitsu in their curriculum.

"With this you are able to survive long enough for help to get there," says Pat "Hawk" Hardy, long-time law enforcement officer and current assistant district attorney and criminal investigator for Jasper County, Texas. "The thing that makes it great for law enforcement is that it's easy to learn, you don't have to be super athletic and it is effective."

Hardy should know what he is talking about – he has 35 years of martial arts experience with a national full-contact karate championship title won in 1975. In 1977 he fought for the world full-contact karate title.

"What I like about Brazilian Jiu-

Jitsu is that it's easy to do," he says. "Most of your criminals out there have plenty of time to workout and get strong, a lot more time than you or me with a family and trying to make a honest living."

Advantages for Public Safety Personnel:

The reliance on reality-based techniques that have been proven effective and the emphasis on controlling an assailant makes Brazilian Jiu-jitsu perfect for law enforcement personnel. The techniques put you in the position of control and safety, both preventing you from being struck, protecting your weapon, and leaving you the option of using strikes as a last resort. Because the emphasis is on control, you can escalate the amount of force needed as the dictated by the assailant's actions during an arrest.

Brazilian Jiu-jitsu techniques are easy to learn. They are simple and direct and work under stressful situations. The techniques will allow an officer to successfully engage an assailant while standing or on the ground. The techniques are also perfectly suited to allow a smaller individual to overcome a larger subject.

Statistics show that as many as 85% of all altercations end up in a clinch or on the ground. Brazilian Jiu-jitsu's emphasis on ground techniques makes it the best reality-based system for officer's that may find themselves in an altercation on the ground.

BJJ Reduces Injuries, Claims. According to Sgt. Greg Dossey

of the Los Angeles Police Department, the adoption of Brazilian Jiu-Jitsu into its arrest and control curriculum is good for LAPD officers, arrestees and the community. LAPD now has a curriculum that consists of ground techniques based on Brazilian Jiu-Jitsu, as well as the traditional joint locks and "pugilistics" or striking techniques.

In the first two years the techniques were introduced, Dossey says there was a 19 percent reduction in injuries to arrestees and a 8.5 percent reduction in injuries to officers. There was a 13 percent reduction in excessive force claims against the department and a nine percent drop in civil actions filed against the city.

He says 6,400 officers have been through the 40-hour program and they receive continuing training three times a month as well as bi-annual divisional training and an annual recertification.

"We don't try to make them the world's most skillful grappler," says Dossey, "but we definitely give them enough skills to develop confidence on the ground."

He attributes a 24 percent decrease in the use of force reported in all arrests to that increased officer confidence.

Brad Parker runs Defend University (www.defendu.com), a research and development group dedicated to the exploration of leading edge techniques and strategies for self-defense, security and defensive tactics.